



## Participant agreement for Race to the Sun for Alabaré Christian Care & Support in partnership with Ken Hames and Skedaddle.

This agreement outlines the Challenge, what you can expect, what you need to prepare, bring and be mindful of. If you have any questions, please email [K.Hames@alabare.co.uk](mailto:K.Hames@alabare.co.uk) or [Ken@kenhames.co.uk](mailto:Ken@kenhames.co.uk) or call Ken on 07779081220.

BY SIGNING UP VIA EVENT BRITE YOU AGREE TO ABIDE BY THESE TERMS AND CONDITIONS

This is your first exciting step on what promises to be a fantastic adventure. We hope it will create fantastic lasting memories and significant funds for the charity, so more homeless Veterans have the opportunity to take part in our Community Self-Build programme and go on to live fulfilling lives outside of the military.

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*"We are so pleased to welcome you to be part of our inaugural Race to the Sun. It's going to be a fabulous challenge and the money raised will shape the lives of vulnerable and homeless Veterans for years to come"*

*Andrew Lord, CEO*

### ABOUT THE CHALLENGE

The Challenge is a 487 kilometre cycle ride over 5 days starting and finishing in Gibraltar but taking on some of the most impressive ascents and descents on offer through the southern part of Spain and specifically through the Andalusian mountains. The route will take you through the 'white villages' of Vejer de la Frontera,

Arcos, Jerez, to Ronda and then back to Gibraltar five days later.

You will be accommodated in local hotels and guesthouses to ensure a good night's sleep, enjoy an evening meal together before getting ready for an early start the next day. The team will have a support crew travelling with them carrying spare parts, medical, food and water supplies plus an emergency bike should your bike not be repairable on the road.

This Challenge is led by former SAS Officer Major Ken Hames in partnership with Skedaddle touring team, and supported by an experience events team from Alabaré.

A high level of fitness is required as you will be covering an average of 90 km day. To take part you will need significant road cycling experience. We suggest that you train regularly over a period of at least three months leading up to it being mindful of some of the significant ascents en-route. Don't forget that the temperature and climate will be different from the UK, and that you will be on the move constantly. When you register, you will need to declare that you believe you are fit and well for the size and scale of the Challenge. Any known health conditions must be declared. Any concerns you have must be discussed with your GP and a doctor's note should be provided to Alabaré by 1st June 2021. All details declared will be kept securely and remain confidential.

## THE ITINERARY

- Saturday 14th May: Meet up with Ken Hames and the support team plus your fellow cyclists at the hotel in Gibraltar.
- Sunday 15th May: Get fitted for your bike (if applicable) and briefing by Skedaddle tour leader
- Monday 16th May : Day one of cycling: Gibraltar to Algar (approx. 90km, 1150m ascent)
- Tuesday 17th May: Algar to Cores de la Frontera (approx. 90km, 2050m ascent)
- Wednesday 18th May: Cores de la Frontera to Grazalema (approx. 87km, 2200m ascent)
- Thursday 19th May: Garazalema to Ronda (approx. 105km, 2150 ascent)
- Friday 20th May: Ronda to Gibraltar (approx. 115km, 1050 ascent)
- Saturday 21st May: take on the Gibraltar Regiment at a game of Tug of War, followed by celebration dinner, drinks, and medals
- Sunday 22nd May: you are free to fly home or stay on as you wish

It is key that you appreciate that this itinerary can only act as a guide. For your safety we will keep an eye on unusual weather, road conditions and take into consideration how well the team is moving. This means that on the ground, changes may occur at short notice.

You will cycle for between 6-8 hours a day in the heat depending on your groups speed. Groups will cycle and remain together. Support vehicles will be available for anyone in need of bike or first aid support. You will be getting up early and leave at first light to make best of the coolest time of the day. You stop well before last light in order for people to relax, service their bikes and get ready for dinner.

## KEY INFORMATION

What is included:

- Accommodation for 8 nights in a shared room in either a hotel or B&B
- Breakfast and lunch each day from Sunday 15th May until breakfast on Sunday 22nd May
- Drinking water and cycling snacks for all cycling days
- Support vehicles, bike tools, water provision and full and comprehensive first aid provision
- A team of experienced cycling support staff delivered by the cycling company Skedaddle
- Full route information detailing the climbs and ascents for each leg of the Challenge
- Full back-up support to provide first aid in situ and to organise emergency medivac should this be necessary
- A full risk assessed route and emergency management planning
- Alabaré branded cycling jersey
- Fundraising pack information

What is not included

- Flights to and from Gibraltar
- Personal travel insurance
- Personal health insurance is advisable now that we have left the EU
- Dinner although we will arrange where we will eat each evening
- Alcoholic and soft drinks during dinner
- GPS system

Bike hire is available at an extra cost. Do ask for more details

## GETTING YOU READY FOR YOUR CHALLENGE!

Pre-Event Preparation

Once registered, you will be sent:

- A full kit list
- Advice on training suitable for the route
- Sponsorship forms and advice on how to set up on-line fundraising
- Details of the pre-Challenge Zoom “Meet and Greet” event during which Ken will talk through the Challenges and exhilarations that await, plus an over-view of how the money raised will make to the lives of vulnerable and homeless Veterans, their mental health and future.

What you are expected to bring

- A well-maintained road bike\*
  - Spares\* (to be carried by one of the support vehicles for your team)
  - Tools\* specific to your bike
  - Clothing (cycling and leisure)
  - Any medication needed
  - Additional spending money
  - Passport with six months validity from the start of the Challenge
- \*unless you are hiring one from Skedaddle

## CHALLENGE FEES

It will cost £1,700 to take part. Ken and Alabaré would like you to raise as much money as possible for our work with homeless and vulnerable Veterans. We ask you to raise a minimum of £2,000. Please let us know if you need any paperwork completed should you work for a company that could double your fundraising.

All the profit from the Challenges will fund Alabaré's Community Self-Build programme lead by Ken Hames.

### Challenge Fees

- £150 to express an interest in this Challenge
- £500 payable by 1st June 2021 to secure your space (non-refundable unless we cancel the event)
- £500 by 1st September 2021
- £1,000 by 1st December 2021
- £1,000 money fundraised and payable by 1st March 2022
- £550 fundraised and payable by 1st July 2022

We would be so delighted if you are able to raise more than the £3,700 promised. It will help Alabaré support more Veterans benefit from the Community Self Build programme. It costs £12,000 to enable one Veteran to take part in the one-year programme.

You agree that you will not use the Challenge to raise funds for any cause other than Alabaré. If you cancel, or you are required to withdraw from the Challenge, you will be required to send all sponsorship money collected or received, directly to Alabaré. The sponsorship shall be treated as a donation to the Charity.

To make sure you're all on board, here are the things we expect you to undertake:

1. To take out all suitable medical insurance for the risks identified for this Challenge.
2. To take out all suitable travel insurance to and from Gibraltar and for the cycle ride, including repatriation. Evidence of suitable insurance will be required prior to departure.
3. To undertake all necessary training prior to the Challenge.
4. To communicate with Alabaré, regarding any injury sustained before the Challenge that might call into question your ability to undertake the Challenge.
5. To get all necessary documentation as specified by the Challenge Organiser in the time frame required.
6. To pay Alabaré all necessary fees or sponsorship as per the schedule.
7. To ensure you have all suitable documentation for the country of entry including a passport with a minimum of six months validity from date of entry.

## FAQS (PLUS THE ALL-IMPORTANT TERMS & CONDITIONS..)

### How big a group will be going?

The event is expected to have 25 cyclists participating with three support vehicles plus a cycling guide

### Is it suitable for couples?

Yes! The landscape around you will be both romantic (if only at speed) and the route challenging which can provide you with fun, opportunities to support and encourage one another, and to make lasting memories.

This event is not suitable for anyone under 18.

### What happens if I am unwell en-route, can't keep up or there is an emergency?

The event is not run as a race and there will be differences in people's cycling ability - this is anticipated and has planned for. It is anticipated that a faster group will take the lead, leaving a slower groups to go at a gentler pace. The slower group will be required to wait for the slower to catch up at key points on the route. Each group cycles together as a peloton. There are support vehicles with the group at all times to ensure that you are safe and can take things at your own pace. The vehicles are always very close by and can, in the event of a problem, pick you up to allow you to take some time out, or in an emergency get you to appropriate medical aid.

It is a condition of joining a Challenge that in cases of emergency Alabaré has your authority to arrange any necessary medical or surgical treatments and to sign any required consent form on your behalf. You agree and acknowledge that a qualified first aider may attend to you in case of an emergency prior to you receiving care from a health care provider. You participate in the Challenge entirely at your own risk and assume all of the known and unknown risks that may result from participation in the Challenge in light of any disclosed medical condition. You acknowledge that participation in the Challenge may involve travel to remote areas.

If you are injured or suffer from an illness during the Challenge, a qualified medical practitioner may not be immediately available in order to treat any injury or illness, and you accept all risks associated with any delay in the provision of medical treatment. You agree to indemnify and hold harmless Alabaré, its officers, employees and subcontractors from all claims, damages, losses and injuries arising out of or resulting from the delay of or the provision of first aid or medical assistance except in the case of death or personal injury causes by the negligent acts of Alabaré, its officers, employees and subcontractors.

### How can I stay connected to home?

You may not want to! This is your opportunity to unwind. Phone signal along the route is available, but intermittent. Please be aware of any additional charges you might incur for roaming while using data.

## SAFETY

**WE CONSIDER THE SAFETY OF EVERYONE TO BE A PRIORITY. THE ROUTE USES WELL MAINTAINED ROADS, WILL HAVE BEEN RISK ASSESSED AND THE TEAM WILL CONDUCT DYNAMIC RISK ASSESSMENTS CONSTANTLY. THIS IS UNDERPINNED BY CLEAR EMERGENCY PROTOCOLS AND WELL-MAINTAINED EQUIPMENT. YOUR WELFARE IS OF PARAMOUNT IMPORTANCE TO US ALL.**

## LUGGAGE ALLOWANCE AND VALUABLES

Luggage should be kept light. You will need to carry a small bike repair kit and water while the support vehicles will carry your main gear. While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it.

## CANCELLATION OF CHALLENGE

Most participants complete the Challenge they undertake. However, if you are obliged to cut your Challenge short due to ill-health or for any other reason, there is no refund of costs. Any additional accommodation, flight and accommodation costs for you and your bike are your responsibility. No credit or refunds will be given if you fail to take up any component of your Challenge, or if you lose, mislay or destroy any travel documents.

The Registration Fee is non-refundable unless we cancel the Challenge for any reason other than a Force Majeure Event. Force Majeure applies to any circumstances which are unusual and/or unforeseeable which are beyond the control of Alabaré, the consequence of which could not have been avoided even if all due care had been exercised, including (but not limited to) localised lockdown preventing us to pass into a country, war or threat of war, riot, civil strife, hostilities, political unrest, other government action, industrial dispute, natural or other disaster, nuclear incident, terrorist activity, weather conditions, closure of airports, fire, flood, drought, re-scheduling or cancellation of flights or alteration of the airline or aircraft type by an airline and technical problems with transportation and all similar events outside the control of the parties.

Certain amendments made by you within eight weeks of departure will be treated as cancellations and re-bookings. The normal cancellation charges will apply (see below). All amendments and cancellations should be confirmed to Alabaré in writing. Cancellations are only effective from the day that they are received by Alabaré. If you are posting your cancellation to us recorded delivery is essential. Your insurance policy may refund much of your costs if cancellation is due to certain specified factors.

This Challenge costs Alabaré £1,700 per participant for all detailed elements.  
Cancellation Charges will be as follows:

Period before departure Cancellation Charge:  
 Before 1st September 2021 50% of Registration fee  
 1st December 2021 70% of Challenge Costs  
 Departure date or no show 100% of Challenge Costs

Please note that should you have to pull out prematurely, all money raised through sponsorship to support your Challenge will be deemed a donation to the charity.

Alabaré reserves the right in any circumstance to cancel the Challenge. However, in no case will Alabaré cancel your Challenge less than four weeks before the scheduled departure date unless it is in the case of a Force Majeure Event.

Alabaré shall not be in breach of the Contract nor liable for delay in performing, or failure to perform, any of its obligations under the Contract if such delay or failure result from a Force Majeure Event.

## COVID-19

Alabaré takes the health and welfare of you, our team and the communities in which we will engage very seriously. We will keep up to date on all developments and best practice advice from the Government that may impact this event, but we ask that you recognise that situations may occur that are outside of our control and not necessarily predictable. Before the event commences, we will share with you those practices we will be following so that you know what to expect and what is expected of you. We will be happy to discuss these in detail.

## REGISTERING ON BEHALF OF OTHERS

If you have completed a registration form with more than one named person, the first named person on the registration form shall be deemed to have accepted these terms and conditions on behalf of all persons detailed on the registration form travelling on or otherwise participating in the Challenge, and by such travel or participation all named persons indicate their agreement to these Conditions.

## LIABILITY

Alabaré, Ken Hames nor Skedaddle will not be responsible for any injury, illness, death, loss, damage, expense, cost or other claim of any description whatsoever which results from: the act(s) and/or omission(s) of the person(s) affected or any member(s) of their party or the act(s) and/or omission(s) of a third party not connected with the provision of the Challenge and which were unforeseeable or unavoidable or a Force Majeure Event. Nothing in these Conditions shall limit or exclude the liability of Alabaré for: death or personal injury caused by its negligence, or the negligence of its employees, agents or subcontractors (as applicable); or fraud or fraudulent misrepresentation; or any matter in respect of which it would be unlawful for Alabaré to exclude or restrict liability.

Alabaré does not accept responsibility for any losses suffered by any person participating in a Challenge as a result of (including but not limited to) physical exertion for which a participant is not prepared, consumption of alcoholic beverages, breakdown of equipment; high altitude, lack of or limited access to medical attention in remote locations and the adequacy of medical attention once provided; neither party shall under no circumstances whatever be liable to you, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss of profit, or any indirect or consequential loss arising under or in connection with the Contract; and the total liability of Alabaré to you in respect of all other losses arising under or in connection with the Contract, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, shall in no circumstances exceed three times the price of the Challenge.

These terms and conditions govern the contractual relationship between you and Alabaré Christian Care and Support with respect to the Challenge. Please read these Conditions carefully as by booking this Challenge, or by participating in the Challenge you acknowledge that you have read and understand these terms and conditions and accept and agree to be bound by these Conditions.

The Contract constitutes the entire agreement between the parties and supersedes and extinguishes all previous agreements, promises, assurances, warranties, representations and understandings between them, whether written or oral, relating to its subject matter. The Contract, and any dispute or claim (including non-contractual disputes or claims) arising out of or in connection with it or its subject matter or formation shall be governed by, and construed in accordance with the law of England and Wales. Each party irrevocably agrees that the courts of England and Wales shall have exclusive jurisdiction to settle any dispute or claim (including non-contractual disputes or claims) arising out of or in connection with the Contract or its subject matter or formation.

Congratulations for making it this far – after that, the cycle ride should be a doddle! If you have any additional questions, please email Ken Hames: [K.Hames@alabare.co.uk](mailto:K.Hames@alabare.co.uk) or Kate Stace at [k.stace@alabare.co.uk](mailto:k.stace@alabare.co.uk)

**BY REGISTERING FOR A PLACE, YOU HEREBY AGREE TO ABIDE BY THE PARTICULARS SET OUT IN THIS DOCUMENT.**